



CERTIFIED Relationship COACH BROCHURE





PROGRAM SUMMARY

The program is aligned with ICF competencies and emphasizes practical application, emotional intelligence, and evidence-based coaching techniques .

Graduates will leave with the expertise to launch or enhance their coaching practice, supported by a comprehensive toolkit and certification as an ICF- accredited Relationship Coach

The *Certified Relationship Coach Program* is an intensive 5-week virtual program designed to equip aspiring relationship coaches with the knowledge, tools, and skills to effectively support individuals and couples in building meaningful and thriving relationships. Spanning 30 hours and structured into six modules, the program emphasizes practical application through role-play, interactive activities, and real-life scenarios. Drawing on foundational coaching frameworks like ICF Core Competencies, emotional intelligence principles and advanced relationship strategies, participants will learn how to foster connection, navigate conflict, and promote resilience and stronger relationships.



BENEFITS OF ATTENDING

- ▶ Earn a Globally Recognized Certification from ICF
- ▶ Develop Powerful and Practical Coaching Skills
- ▶ Enhance Emotional Intelligence and Communication
- ▶ Master Conflict Management and Connection-Building
- ▶ Build a Successful Career in Relationship Coaching
- ▶ Boost your confidence in facilitating transformational coaching sessions
- ▶ Receive hands-on practice through real-world case studies
- ▶ Improve your ability to ask powerful coaching questions that spark insight
- ▶ Develop deep listening and empathy skills to support clients effectively
- ▶ Increase your credibility and attract high-value coaching clients
- ▶ Make a lasting impact by helping individuals and couples build healthier relationships

MODULES



Module 1: Foundations of Relationship Coaching

- Fundamentals of Relationship Coaching
- ICF core competencies and Code of Ethics
- Difference between therapy and coaching

Module 2: Communication in Relationships

- Principles of effective communication
- Non-violent communication
- Active listening and reflective techniques

Module 3: Emotional Intelligence and Relationship Dynamics

- The importance of Emotional Intelligence in relationships
- Attachments styles and their impact
- Emotional regulation and resilience

MODULES



Module 4: Building Trust and Connection

- Trust- building strategies
- Understanding and aligning love languages
- Vulnerability and authenticity in relationships

Module 5: Managing Conflict and Difficult Conversations

- Uncovering the root causes of conflict
- Techniques for de-escalation and resolution
- Setting healthy boundaries

Module 6: Designing a Relationship Coaching Practice

- Structuring relationship coaching sessions
- Creating and using coaching tools
- Marketing and branding for relationship coaches





DURATION:

- **Virtual:** 5 Weeks (30 Training Hours)
- Twice per week from 6 to 9 pm



ABOUT US:

Growth Coaching Academy (GCA), an ICF Approved Coaching Education, is at the forefront of empowering professionals with the essential soft skills needed in today's fast-paced work environment. Our mission is to unlock the potential within each employee and manager, fostering an atmosphere of growth, efficiency, and enhanced interpersonal dynamics. Specializing in a wide array of soft skills training, we equip individuals with the tools necessary for impactful leadership, coaching skills, effective communication, peak performance, social intelligence, building trust, among others.



Program Director

Mirna El Khalil

Relationship and
Self- Development Coach

With over 20 years of experience in education, Mirna El Khalil has cultivated expertise in teaching, coordinating, and serving as an Elementary Head of Section. She holds a Master's in Educational Management (2005) and a Bachelor of Arts in Elementary Education with a focus on Math and Science (2002), both from the Lebanese American University (LAU) in Beirut.



An ICF - PCC certified relationship and personal development coach, Mirna El Khalil combines her educational leadership background with her passion for empowering individuals. She is accredited by the International Coaching Federation (ICF) and is a certified Trainer of Trainers (TOT) from the European Business Center for Training and Development.

Mirna El Khalil specializes in helping individuals and couples navigate relationships and personal growth, leveraging her experience in both education and coaching to inspire positive transformation.





CONTACT INFORMATION

For Information and Registration

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